LETTERS@METRO.US

AMANDA BYNES IN A DUI BIND {page 06}

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BOSTON
Monday, April 9, 2012

NICOLAUS CZARNECKI/METRO

Boston's health is in the gutter

- New report ranks Suffolk County's health among worst in Massachusetts
- City health official says Boston is not as bad as study shows

{page 02}

▶ University of Wisconsin Population Health Institute says Suffolk County suffers from excessive drinking and has a high rate of sexually transmitted infections.

Sports

Red Sox making April losing a habit

- Sox get swept by Tigers
- Yesterday's loss the worst yet
- Start season 0-3 for second year in a row {page 14}

Just say 'ohm' instead of 'OMG'

How you can find a meditative peace to keep your cool on the job {page 10}

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Report: Suffolk County ranks poorly in health

A review on county health ranked Suffolk 13 out of 14 in health of Bay State regions ◗ Hub health officials say city is doing better than rankings indicate ◗ STDs, drinking a concern

A new analysis of various health factors found that the cities within Suffolk County — including Boston — rank near the bottom compared to other counties in the Bay State.

The County Health Rankings & Roadmaps report, released last week by the University of Wisconsin Population Health Institute, ranked Suffolk County at 13 out of the state's 14 counties in terms of overall health.

Despite having a better than average primary care physician ratio and a low rate of uninsured citizens, the county suffers from factors like excessive drinking and the rate of sexually transmitted infections, specifically chlamydia.

"Having access to quality health care is great, but as you can see there is more to having a healthy community than having a health care system," said Angela Russell, an associate researcher at the Population Health Institute. "Where you live matters to your health."

While the study paints a bleak picture for communities in Suffolk County, Dr. Barbara Ferrer, director of the Boston Public Health Commission, said Boston's averages for some of the data is lower than that of the other cities in the county.

While the analysis puts 18 percent of Suffolk County residents at poor or fair health, Ferrer said that number for Boston is about 13.5 percent.

However, she said the sexually transmitted infection rate is a problem that health officials are still working to solve.

"We're doing a much better job on teen birth and teen pregnancy rates, but we must do a better job on educating teens on … what to do to protect yourself," she said.

REMERA

▶ Boston has a high rate of chlamydia, a sexually transmitted infection.

Healthy 'burbs

Several surrounding suburbs of Boston fared much better than Suffolk County in the rankings.

- **Dukes and Nantucket counties ranked first and second in the analysis.** Dukes County includes Martha's Vineyard and the Elizabeth Islands.
- **Middlesex County, which includes Cambridge, Medford and Somerville ranked third.** The rate of sexually transmitted infections in Middlesex County was significantly lower (173) than Suffolk County. It stretches as far north as Lowell and the New Hampshire border and as far west at Hopkinton.
- **Norfolk County, which includes Brookline, Milton, Randolph and Quincy, ranked fourth.** Only 9 percent of its population rated itself as in poor or fair health, which is half of Suffolk County's rating.

By the numbers

18
Percent of population in poor or fair health, compared to a national benchmark of 10 percent.

46
Percent of Suffolk County eateries that are fast-food restaurants.

778
Sexually transmitted infections per 100,000 Suffolk County residents compared to a national benchmark of 84.

20
Percent of Suffolk County residents who report excessive drinking compared to a national benchmark of 8 percent.

MICHAEL NAUGHTON
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In the news

Brazilian president visiting

The Bay State will host President Dilam Rousseff of Brazil this week. Rousseff will be greeted by Gov. Deval Patrick at the State House tomorrow.Patrick visited Brazil and Chile last year on a trade mission. Rousseff is also visiting the White House during her trip. METRO

Today's local tweet

"It's a ghost town on the mean streets of Boston this Easter afternoon."

@WARRENPRICE, A TOURIST IN TOWN FOR THE PAX EAST CONVENTION, WHO FOUND THAT SUNDAYS IN BOSTON CAN BE A LITTLE QUIET, ESPECIALLY ON A HOLIDAY

Immigrants Day planned for State House

BOSTON. The Massachusetts Immigrant and Refugee Advocacy Coalition plans its largest advocacy day of the year for today.

According to an advisory, Sen. Scott Brown has been invited, and while he's not listed as a confirmed speaker, two Democrats running for his seat, Elizabeth Warren and Marissa DeFranco, are on the confirmed list as well as independent candidate Bill Cimbrello.

The keynote speaker is Veronica Turner-Biggs, executive vice president of 1199SEIU, Massachusetts Region.

500
Organizers said they expect hundreds of "immigrants and activists" to fill the Gardner Auditorium today for "Immigrants Day at the State House."

According to MIRA, Turner-Biggs served as a rank-and-file member at Boston Medical Center before becoming the first African-American female elected as the head of a major union in Massachusetts. SHNS

Swastika etched on car

BRIGHTON. A Brighton couple discovered Friday morning that someone had carved a swastika symbol onto their car overnight.

The couple discovered the symbol on their passenger-side door Friday, the first day of Passover, according to WBZ.

Their car was parked a few blocks away from a synagogue.

The couple said they are going to report it as a hate crime. METRO

Easter fire tears through assisted-living complex

BRAINTREE. A four-alarm fire ripped through a Braintree assisted-living complex early yesterday morning, sending firefighters into the flames to rescue people.

The fire broke out about 2:30 a.m. at Grove Manor Estates, according to the Globe.

Some of the residents on the top floors of the three-story building had to be rescued by firefighters.

There were no reports of injuries.

Grove Manor described itself on its website as a facility that provides specialized care for memory-impaired and Alzheimer's patients.

The cause is still being investigated, but fire officials said it appears that it started outside the building. METRO

NICOLAUS CZARNECKI/METRO

▶ Fire damage

Tradition. Easter egg hunt

▶ Salma Chraibi, 6, of Newton was one of the nearly 100 children who took part in yesterday's annual Easter egg hunt at the First Baptist Church of Boston.

NICOLAUS CZARNECKI/METRO

Pastel bounty awaited keen kids yesterday

Children searched and scrambled for scores of Easter eggs hidden throughout the First Baptist Church of Boston yesterday. The Back Bay church held its annual egg hunt after Easter Mass. Nearly 100 children participated in the challenge to find candy and gifts. METRO

Police ask for help after Beacon Hill CVS robbed

Boston police are asking for the public's help to identify a man who robbed the CVS near Beacon Hill Saturday morning and used a bomb threat as a distraction.

The man, who was wearing a mask over his face and hood over his head, went into the store about 11:30 a.m. and approached the pharmacy counter.

He passed a note and a bag to one of the pharmacists and said, "Read this and do it," police said.

The note told the pharmacist to fill the bag with various medications and that someone would be watching the store. It also said that if police were not called in for two and a half hours, bombs at the pharmacy and nearby library would be deactivated.

The man then fled with his bag of medication.

The bomb squad responded to the pharmacy and West End library branch where they searched for suspicious-looking devices. Nothing was found, police said.

Police described the suspect as a heavyset white man. He was wearing a gray, hooded-sweatshirt, black mask and black jeans or pants.

Anyone with information can call 800-494-TIPS.

▶ A masked man robbed this CVS in Beacon Hill Saturday.

MICHAEL NAUGHTON
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Dems, GOP agree: We're all Reagan?

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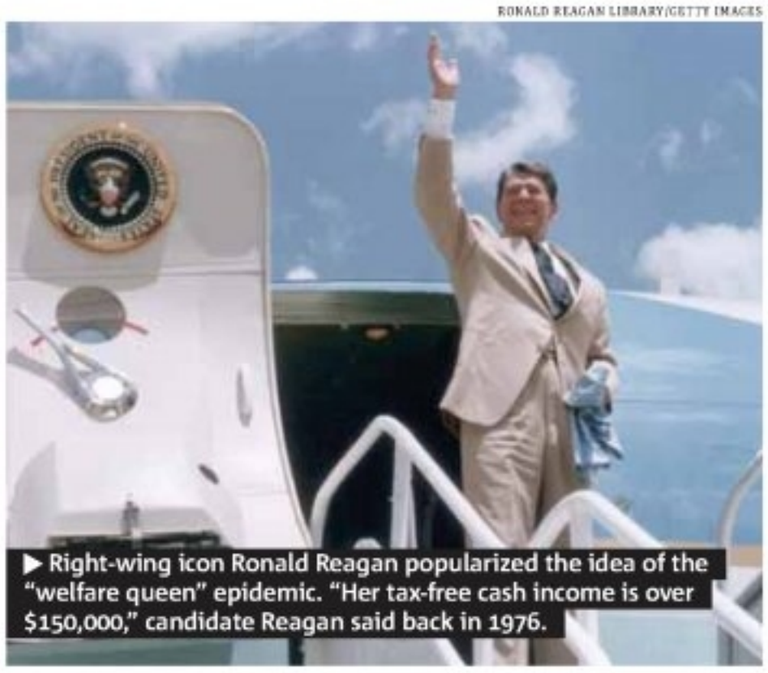

▶ Right-wing icon Ronald Reagan popularized the idea of the "welfare queen" epidemic. "Her tax-free cash income is over $150,000," candidate Reagan said back in 1976.

The New York Times, in its article "Welfare Limits Left Poor Adrift as Recession Hit" Saturday, brought attention to an easily ignored reality: The ideological space between Democrats and Republicans, debated at water coolers and among the national punditocracy with blistering fervor, can be thin enough to squeeze a welfare check through while maintaining contact at both ends.

It was, after all, revered (among Dems, at least) President Bill Clinton who passed bipartisan legislation to reform the welfare system in 1996, moving away from the New Deal-era Aid to Families with Dependent Children program in favor of the unfortunately literal Temporary Assistance for Needy Families program, reducing federal aid to the impoverished by imposing strong time and spending caps.

Current Republican party titans vocally support the measure. Budget maestro Paul Ryan calls TANF "an unprecedented success." Presidential front-runner Mitt Romney has proposed extending cuts to "all these federal programs," such as Medicare, Medicaid and Social Security. Fading star Rick Santorum even borrowed a line from the Obama playbook, arguing that the federal tough love "gave them [the poor] something that dependency doesn't give: hope." How's that working out, exactly?

Not well, it turns out, though don't go asking Obama. The president, who seems to have banked his re-election campaign strategy on highlighting the differences between the two parties, has a mixed record on the welfare issue. Candidate Obama, on the campaign trail in 2008, touted his role in passing the reform — though he did say he was "concerned" that it might have "disastrous results." (Really covering all our bases, aren't we, Obama?) "It worked better than, I think, a lot of people anticipated," he said.

We think not, Mr. President. But perhaps you should take it to the "roughly four million women and children" living "jobless and without cash aid" quoted by the Times.

"Today, we are ending welfare as we know it," Clinton proclaimed in 1996. "But I hope this day will be remembered not for what it ended, but for what it began." Indeed, today we dwell on what our vaunted bipartisanship has wrought.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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Twit for tat

TWITTER IS THE WILD WEST OF POLITICAL CAMPAIGNING:

"Constituents askd why i am not outraged at PresO attack on supreme court independence. Bcause Am ppl r not stupid as this x prof of con law."

REPUBLICAN SEN. CHUCK GRASSLEY, @CHUCKGRASSLEY, ON TWITTER SATURDAY, CALLING PRESIDENT OBAMA STUPID

"Heads up, Sen. Grassley. I think a 6-year-old hijacked your account and is sending out foolish Tweets just to embarrass you!"

DAVID AXELROD, COMMUNICATIONS DIRECTOR FOR OBAMA'S RE-ELECTION CAMPAIGN, @DAVIDAXELROD, RESPONDING

GET FED

- "Maddow 'Scoop' about 'Radical' Republican Actions in Michigan Is False" **REDALERTPOLITICS.COM**
- "Jobs report no surprise to the recovery skeptics" **BENDBULLETIN.COM**
- "Gingrich: Still in, says Romney likely GOP nominee" **ASSOCIATED PRESS**
- "Obama heads to the golf course" **THEHILL.COM**
- "Santorum Cancels Monday Events to Stay With Hospitalized Daughter Bella" **NATIONAL JOURNAL**

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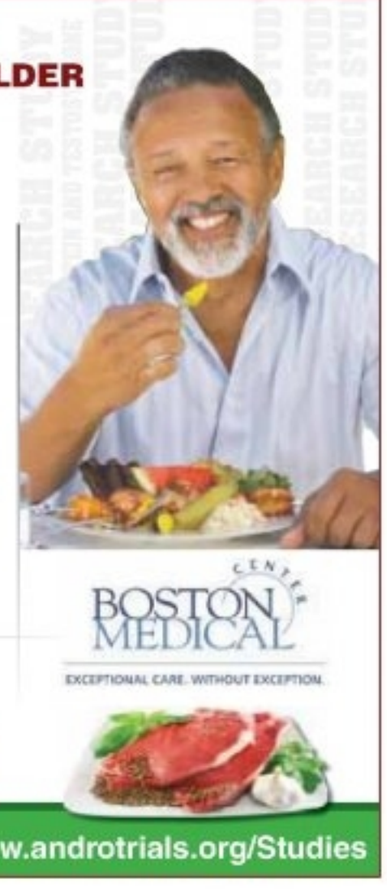

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Cash. Trash

▶ Waste Management has bought stakes in eight companies that gasify, ferment or digest trash, turning it into a source of heat, power, transportation fuel and specialty chemicals.

GETTY IMAGES

Trash worth up to $40 billion

Waste Management Inc. estimates the $12.3 billion it gets for carting off rubbish to landfills may be worth more than $40 billion a year in energy. That's the value of fuel and chemicals the Houston-based company estimates could be extracted from the 112 million tons of trash it collected last year if the entire waste stream was diverted from landfills, said Carl Rush, senior vice president of Organic Growth unit. **BLOOMBERG**

Jobs recovery suffers setback in March

Employers hired far fewer workers in March than in previous months, keeping the door open for the Federal Reserve to provide more monetary support for a sluggish economy.

The report was seized upon by Republicans hoping to make the weak economy the centerpiece of their campaign for November's presidential and congressional elections.

Even as the unemployment rate fell to a three-year low of 8.2 percent, job growth slowed to 120,000 last month, the Labor Department said on Friday, the smallest increase since October. **REUTERS**

BRAND X PICTURES

Public employees face layoffs despite recovery

Since 2009, the city of Chesapeake, Va., has cut its work force twice. This summer, nearly three years after the recession ended, the city of 222,209 has plans for a third round of layoffs.

"We're not seeing the recovery we want to see," said Budget Director Steven Jenkins, who is hoping many of the 20 people will move into other jobs.

The city's revenues are still feeling the concussions from the housing market downturn, which started in 2006, even as overall growth in the United States has improved.

While Friday's report of weak growth in U.S. March payrolls raised concerns about the pace of private-sector hiring, local government jobs remain a drag on the recovery, one that is not anticipated to end soon.

State and local governments for a time were able to shield public safety and education work forces from harmful cuts as the recession deepened. The 2009 federal stimulus fund helped offset lost tax revenue, but that money is gone.

Now, many cities and counties nationwide are facing the same dilemma as Chesapeake. Squeezed by depressed property tax revenues and cuts in state aid, they are chipping away at their work forces.

The result? The last three years of job losses at the state and local government level have been the most dramatic since Labor Department records began in 1955, a Reuters analysis found. **REUTERS**

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Kelly Osbourne is checking in with Ozzy, Rihanna has a new take on old advice, Steve Martin is trying to get a fresh start and Seth MacFarlane is worried about America.

@MissKellyO
I love it when my Dad calls me up just for a chat!

@rihanna
If u love something let it go...if it doesn't come back, hunt it down and kill it

@SteveMartinToGo
I thought yesterday was the first day of the rest of my life but it turns out today is.

@SethMacFarlane
This country is so asleep it's kind of a shock that the rest of the world doesn't write on us.

Kelly Osbourne

Amanda Bynes arrested for DUI

LOS ANGELES COUNTY SHERIFF'S OFFICE VIA WIREIMAGE

▶ Amanda Bynes was snapped in this booking photo on Friday after being arrested for a DUI for running into a cop car.

Nickelodeon star **Amanda Bynes,** 26, showed she isn't that innocent by pulling a very Lohan-esque move over the weekend: She drunkenly careened into a police car in the wee hours of Friday morning.

According to People magazine, the "Hairspray" actress was arrested for driving under the influence in Los Angeles after colliding with a police car at around 3 a.m. on Friday, after partying at L.A.'s Greystone Manor Club. "A Los Angeles County Sheriff's Deputy in a marked black and white radio car was stopped at the intersection of ... Robertson Boulevard and Santa Monica Boulevard preparing to turn right onto Santa Monica Boulevard when a black BMW driven by actress Amanda Bynes attempted to pass the right of the radio car, colliding with the right rear quarter panel of the radio car," the West Hollywood Sheriff's office said in a statement. "There was minor paint transfer damage to both vehicles. Amanda Bynes was subsequently arrested for driving under the influence and booked at West Hollywood Sheriff's Station." The actress sported pink-highlighted hair in her mug shot, and after posting $5,000 for bail, she was spotted the next day in the same leg-baring outfit to retrieve her BMW from an impound lot, according to TMZ.

Look on the bright side, Bynes: The "I'm not drunk. I'm just kinda over it and bored" face you're trying to work in your booking photo is some of the best acting work you've done in years.

Jason Trawick to share legal control over Britney Spears

Poor **Britney Spears**. Sure, she's a famous millionaire, has two cute kids (we can overlook for a moment with whom she had them), and a killer body. But she's still apparently incapable of looking after her own affairs. It was announced over the weekend that her fiance, **Jason Trawick**, has reportedly filed a petition to be added as one of her conservators, according to E! News. If approved, Trawick would be in charge of Spears' general well-being, while the singer's father would still be in charge of her multimillion-dollar fortune. Per People, a conservator like Trawick has the legal authority to make decisions over a person's food, clothing and medical care. Since 2008, Spears' father has held legal control over her, her career and her fortune after the singer suffered a psychological breakdown.

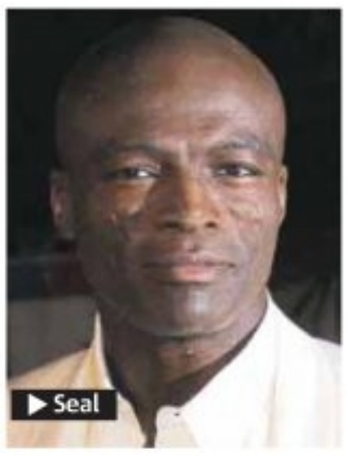
Sad. Usually you hope a marriage will be an equal partnership in all affairs, but it seems like Spears, 30, is still so medicated/sick that she's incapable of self-sufficiency. This is what we do to our famous young women, America. **Amanda Bynes**, take note.

Spears

Talking points

It's official: Klum, Seal are divorced

There goes any hope for a reconciliation: Three months after announcing their separation, **Heidi Klum** has officially filed divorce papers against husband **Seal** in California, citing "irreconcilable differences," according to TMZ. The couple's prenuptial agreement reportedly ensures they'll retain separate property and assets, and Klum is seeking primary custody of the couple's four children, with visitation rights for Seal.



▶ Seal

Will 'Games' director helm the sequel?

After introducing the blockbuster franchise, director **Gary Ross** will reportedly not be returning to helm the second "Hunger Games" film, according to the Playlist. Ross and the franchise's studio, Lionsgate, were involved in a "tough" back and forth over the deal for "Catching Fire," the second installment in **Suzanne Collins**' book series. Ross was reportedly paid $3 million for the first film, plus 5 percent of its profits. Deadline's **Nikki Finke**, however, insists the reports are premature and that Ross has been on vacation.

Klein thanks dog for recovery

"American Reunion" star **Chris Klein** knew he had a problem with alcohol thanks to his German shepherd, Chief. "He would get agitated that the alcohol was coming out, and I will be forever grateful to him for that," Klein, who has been sober for 19 months following a DUI arrest and rehab, tells People. "Anybody that has a meaningful relationship with a dog will understand that the disappointment that I saw in his eyes [was] insurmountable."

▶ Klein

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Mark Wahlberg in a tank top for your Monday

1. Mia Tyler and dad **Steven Tyler** checked out **Mia Tyler**'s photo exhibit at the Viper Room on Saturday in West Hollywood, Calif.

2. Host **Kelly Osbourne** spoke onstage at Logo's "NewNowNext Awards" 2012 at Avalon on Thursday in Hollywood, Calif.

3. Max Weinberg, Bruce Springsteen and **Stevie Van Zandt** performed at Madison Square Garden on Friday night in New York City.

4. A super-buff **Mark Wahlberg** was sighted on the set of his new movie with The Rock, "Pain And Gain," on Wednesday in Miami.

5. Diplo attended the "128 Beats Per Minute" release party and photography exhibition at the Milk Gallery on Saturday night in New York City.

6. Nicki Minaj teamed up with Nokia to perform live in front of 30,000 people in Times Square on Friday for the launch of the Windows Phone-based Nokia Lumia 900. The entire show was filmed as a backdrop for the music video for the exclusive Nokia Lumia 900 remix of Minaj's "Starships."

1: JESSE GRANT/WIREIMAGE
2: KEVIN WINTER/GETTY IMAGES FOR LOGO
3: JAMES MCCARTHY/GETTY IMAGES
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▶ Bieber fever is OK at any age — as long as it doesn't interfere with real life.

Are you normal? Jonathan Alpert is back with more answers to your questions

Here are some more of your "is it normal?" questions. Keep them coming in!

Is it normal for my 41-year-old friend to go to his mother's house to take naps with her? He's independent in all other ways: He has a career and takes care of himself. This freaks me out!

You should be freaked out. Unless his mother is actually not his mother but a long lost girlfriend, then no, this absolutely is not normal! That usually ends around age 12, or just before puberty. This is disturbing on two fronts: his desire to want to nap with his mother and her actually participating in it. I'd venture to say there's a lot more going on here than can be addressed in this column. Talk to him. Find out why he does it. If it turns out he is OK with it despite your concerns, then seriously consider that you might not have as much in common as you once thought.

No more drama

JONATHAN ALPERT
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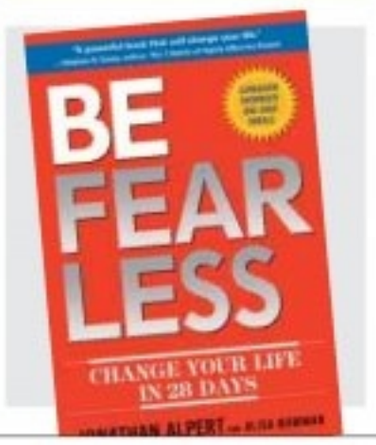

Is it normal for my female friends to get mad at me because I can eat anything and not put on weight?

This sounds like jealousy to me, which is quite normal in friendships. Your friends, though, shouldn't let a fast metabolism get between them and a healthy friendship.

Is it normal for a grown woman to be obsessed with Justin Bieber?

Being obsessed with celebrity knows no bounds, age notwithstanding. Like any obsession, if it is impacting her life in a way that it interferes with things such as her relationships, career and health, then she should get help.

– Jonathan Alpert is a licensed psychotherapist. His new book, "BE FEARLESS: Change Your Life in 28 Days," is out April 24. It will be sold at all major booksellers and Amazon. Check in with him online at www.jonathanalpert.com, on Facebook (www.facebook.com/jonathanalpert) and on Twitter @jonathanalpert.

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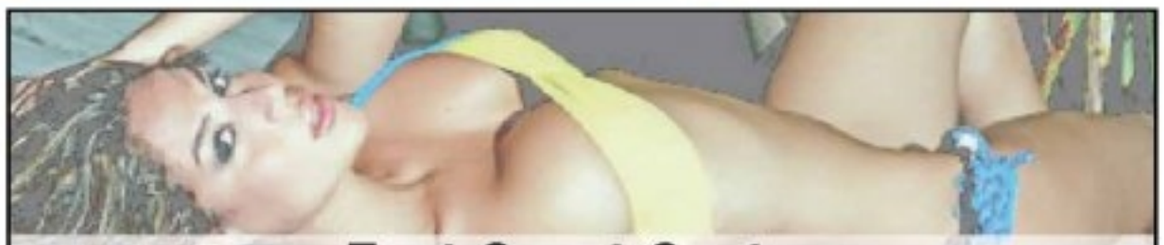

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Rethinking the roots of diversity

In African-American history courses across the country, there is a fairly standard narrative applied to the rise and fall of the Student Nonviolent Coordinating Committee: In the early 1960s, SNCC was a powerful game-changing force in the struggle to end segregation, but the group lost their effectiveness in the late '60s when they embraced the Black Power movement.

This narrative is largely derived from Clayborne Carson's seminal 1981 book, "In Struggle: SNCC and the Black Awakening of the 1960s."

But a vastly different interpretation of that history hit bookshelves last month: "The Black Campus Movement: Black Students and the Racial Reconstitution of Higher Education," by SUNY College of Oneonta professor Ibram H. Rogers.

"What Clayborne argues is that when SNCC started changing its ideology, it lost white liberal support — and it basically started to fade into history," says Rogers. "But, for me, the black campus movement — specifically for campuses in the south — was in part a product of SNCC organizing students, and helping to argue for truly black universities. And this happened as they shifted into a Black Power organization."

▶ "Black students — through the Black Campus Movement – forced the diversification of higher education and ultimately changed the ideals of higher education," says Rogers.

In combing through archives from over 160 colleges nationwide, Rogers discovered the seeds of diversity initiatives largely taken for granted on contemporary campuses.

"Most people assume that the embrace of the word 'diversity' emerged out of the Civil Rights Act of 1964 or even Brown vs. the Board of Education," says Rogers. "In fact, it was actually forced upon these schools through the activities of these students."

BRUCE WALSH
bruce.walsh@metro.us

Quoted

"We see the legacy of the Black Campus Movement all over campuses today: black studies departments, black history courses and even Latino and women's studies programs and centers for multicultural affairs. Just the idea of colleges publicly declaring the commitment to diversity – that is directly tied to the Black Campus Movement."
IBRAM H. ROGERS

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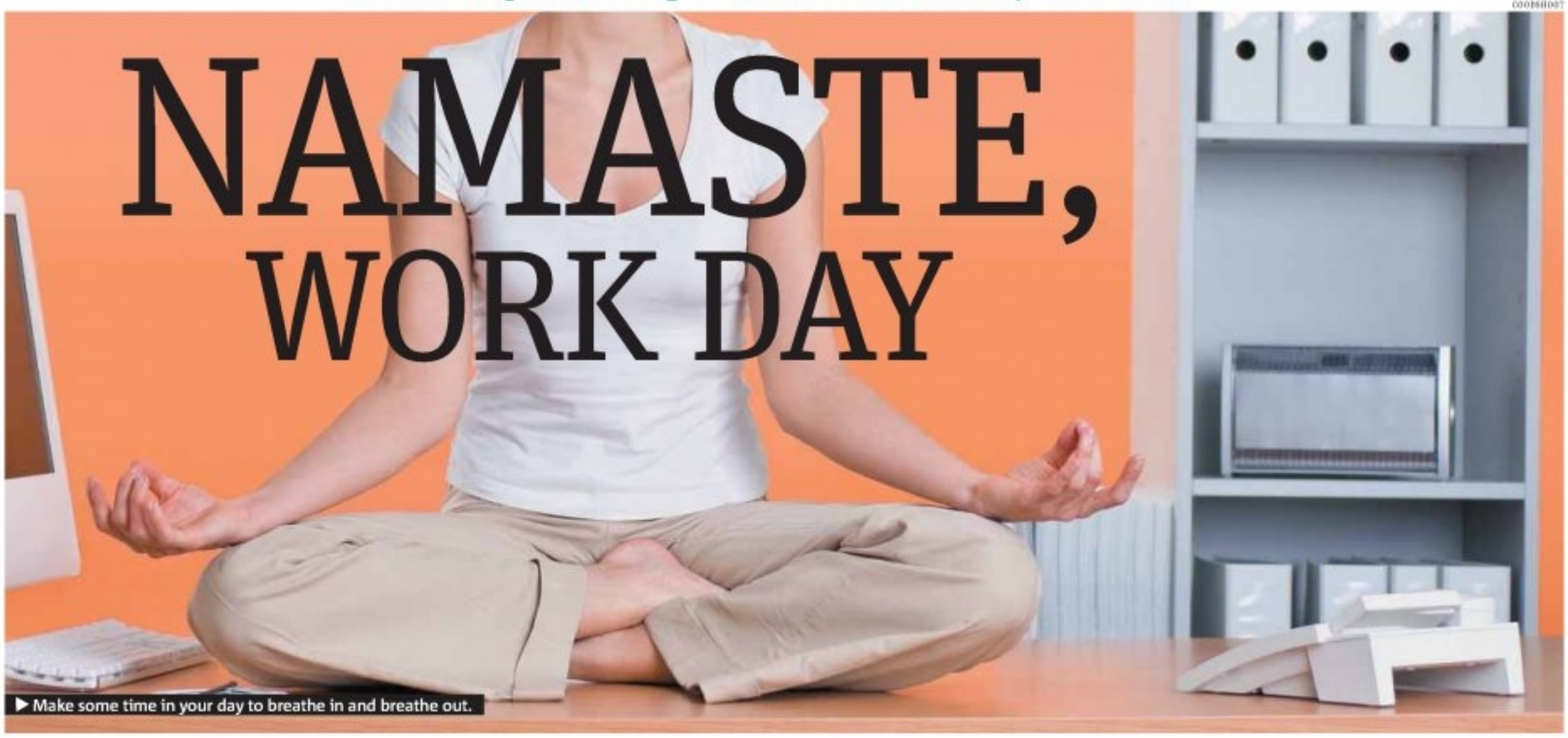
You don't have to leave your yoga practice on the mat Simple stretches, poses and techniques to bring a little balance back to your afternoon

NAMASTE, WORK DAY



GOODSHOOT

▶ Make some time in your day to breathe in and breathe out.

Is your stress ball worn through? If tension at work is leading to tension in your muscles, it can affect your mood and performance. For quick relief and a little desk-side zen, take some cues from yoga.

Breathe: Angie Norris, cofounder of Philadelphia yoga hot spot Studio 34, reminds us to breathe — and breathe slowly. "Slowing and deepening the breath stimulates the parasympathetic nervous system, slows the heart rate, lowers blood pressure and increases the flow of oxygen," she explains. "This translates into reduced stressed, increased relaxation and increased energy."

Stretch: To ease tension, stress and negative midafternoon thoughts, stretch it out. Nancy Byrd Radding, fitness director of The Oaks at Ojai spa in California, recommends this sequence: "Stand up. Breathe. Lift your arms up in Tall Mountain pose. Do a side stretch next — one hand on the hip, the other arm over the head — creating a crescent shape with the body. Stretch the eyes by looking slowly side to side, up and down, diagonally, and roll the eyes in circles. Stretch the neck by releasing each ear to its shoulder, then turn the neck side to side, up and down."

Twist: Taylor Wells, president of Prana Power Yoga, praises the benefits of a simple, yet effective, spinal twist. You don't even need to get out of your seat for this one. "From seated, bring both feet flat on the floor," she instructs. "Place your hands on your arm rests and gently twist your torso to the right. Hold for five breaths and then take it back to center and to the other side."

JULIA WEST
letters@metro.us

Balance

To restore balance, Radding suggests this move:

"Stand on one foot whenever possible — during phone calls, in front of the copier. Simply tuck one foot around the opposite ankle and balance."

Working in the wine world

Twelve years ago, Liz Thach left her career in corporate human resources, moved to Sonoma Mountain, Calif., and started a new career in the wine industry. Currently, she is the professor of management and wine business at Sonoma State University. Her book, "How to Launch Your Wine Career," explores the many pleasures, rewards and pitfalls of life among the vineyards.

What's the best way to get started in the industry?
There are many jobs in the industry that are not at a winery: wine shops, restaurants, distribution, suppliers, et cetera. It tends to be a small family-oriented business, so developing relationships goes a long way. Developing a background in wine helps you speak the language. Continuing education is a wonderful start [see sidebar]. If you want to be a winemaker, you're going to have to get a degree in it or work your way up as an apprentice. Working in a tasting room is one of the best places to start.

Why does the wine industry require a special knowledge base, apart from a standard business education?
There are more than 60,000 different wine labels out there. There's no other industry that can be so confusing, from a marketing and sales standpoint. Music is the only industry with more labels than wine. Plus, it's a regulated industry. Each state has different rules about how it can be sold.

How is the culture of the industry different from the typical business environment?
So many people want to work in the industry because of the romance associated with wine and the beauty. It doesn't pay as much as high-tech or biotech. But most vineyards are in the most beautiful places in the world. Lovely buildings, nice architecture. It's a nice lifestyle.

BRUCE WALSH

Know your grapes

Cornell University, Fresno State University and University of California, Davis have revered programs in winemaking at the bachelor's and master's degree levels.

The Society of Wine Educators **(www.societyofwineeducators.org)** is a nonprofit that specializes in certifying wine specialists at multiple levels of expertise.

THINKSTOCK

▶ This waiting for you after work is nice. But when it is work? Even better.

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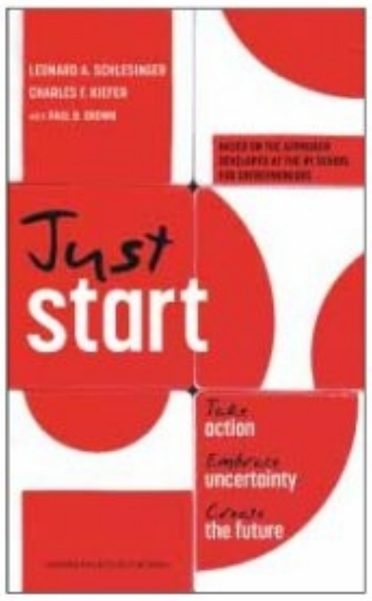
Act, don't plan, when it comes to the future

- Career micro-planning might be holding you back
- Why you should 'Take Action, Embrace Uncertainty'

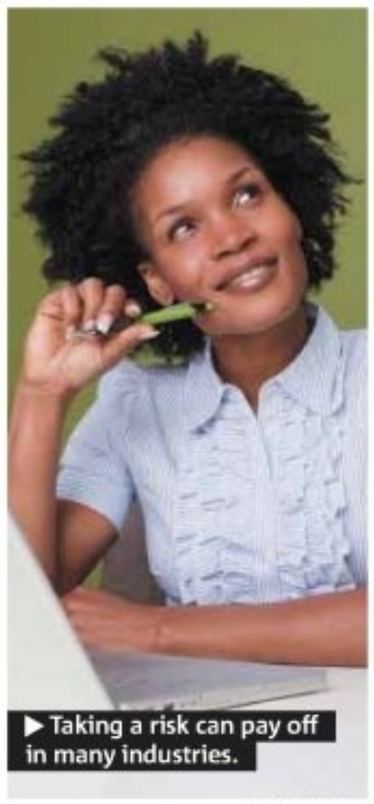


Charles F. Kiefer co-founded Innovation Solutions in 1976, a management consulting company that became a forerunner of organizational learning philosophies in business.

Now Kiefer — along with co-writers Leonard A. Schlesinger and Paul Brown — has developed a new strategy. But this one isn't for the C-suite. Their new book, "Just Start: Take Action, Embrace Uncertainty, Create the Future," is a message for anyone attempting a career in a field they're passionate about.

The inspiration came in 2010, when Kiefer read Sara D. Sarasvathy's "Effectuation: Elements of Entrepreneurial Expertise."

"I was 50 pages in, and it was really the most dense, unreadable book I think I've read in my professional career — and this is coming from someone with a degree in theoretical physics from MIT!" explains Kiefer. "But at some point the bell went off in my head and I said, 'This is really the best, most insightful explanation of who an entrepreneur is that I've ever read.'"



▶ Taking a risk can pay off in many industries.

BRAND X PICTURES

Soon Kiefer and Schlesinger (the president of Babson College) were teaching their take on Saravathy's concepts to groups of students and professionals. They preached a rejection of career micro-planning in favor of an active, inquisitive journey.

"This kind of thinking is not just used by entrepreneurs. We've had evidence of it in all of the arts. We've had military officers say it parallels the thinking they use in combat. Any time you're faced with uncertain situations, this thinking makes sense,'" says Kiefer. "Unless you have a very standard kind of job path — and there are less and less of those out there — you need to act your way into the future. Not plan your way."

BRUCE WALSH
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Letters

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America is being bullied into poverty

Despite Lincoln's dedication, FDR's optimism, JFK's inspiration and Obama's deft chess playing, America is in the tomb awaiting resurrection from only one demon that encompasses all our national challenges: bullying, the oppression of "We the People" by Organized Corporatism (the new organized crime), intentionally and systematically depressing wages, health care and voting rights — especially of women and all minorities. Americans need "Rise Up and Walk" to save America from the pink slime of the new Robber Barons.

MARCELLO ROLLANDO, VIA E-MAIL

Politics: Point ...

Ever wonder why the GOP is so dissatisfied with President Obama on so many issues? Take for example keeping the tax cuts that Bush put in for the rich. Most hard-working Americans are against this, particularly at a time of mounting deficits. The president agrees with the people on this, the GOP doesn't. How about the issues of keeping Planned Parenthood and equality for women when it comes to health care? President Obama, along with most Americans, agree with this — but not the GOP. The majority of Americans want to keep Medicare, Medicaid, Social Security benefits and other programs that help the poor and middle class. Not the good old GOP (see: Mr. Paul Ryan's budget). If a program can't help the rich, who needs it, right? Democrats want certain limits on what a company can do to the environment. Most people are for this. Who wants to breathe foul air and drink impure water? The GOP isn't too worried about all that; they certainly don't want to bust their buddies in big business with too many restrictions.

LARRY BLONG, VIA E-MAIL

... and counterpoint

Our beloved country is in big trouble! Barack Obama is quickly turning the United States of America into a Totalitarian Marxist Stalinist State! The health care reform requires all Americans to have RFID implants under their skin beginning March 2013! Internet surveillance is coming as well as race riots and martial law and even FEMA concentration camps! For enemies of the New World Order, wake up, sheeple! Our country has experienced a communist revolution and is very much like Stalinist Russia and Nazi Germany!

KEVIN MCCLOSKEY, VIA E-MAIL

Historical atrocity not exactly unique

RE: "NO ROOM FOR HATRED IN DEBATE OVER ISRAEL": If white South Africans declare themselves the chosen race, take land belonging to blacks and refuse to give them the vote, it is called Apartheid. If Jews in Israel declare themselves the chosen race, take land belonging to Palestinians and refuse to give them the vote or statehood, well then such a description is called anti-Semitic. **GARY LYON, NEW YORK**

Who's supposed to respect whom?

President Obama tells the Supreme Court that they should respect the legislative judgment of the president and Congress. Yet it's their duty to respect the judgment of the Supreme Court!

ALAN JACOBS, VIA E-MAIL

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Horoscope

♈ Aries **March 21-April 19.** If self-imposed uncertainties cause you to question something that you previously believed to be sound, you could start to go backward instead of moving ahead on things.

♉ Taurus **April 20-May 20.** Before bringing someone into your confidence, make sure this person won't betray you and tell others certain tidbits that you don't want shared.

♊ Gemini **May 21-June 20.** Your chances for success look pretty good, provided you stick to your original blueprint. But if you begin to effect some last- minute changes, you're likely to fall flat.

♋ Cancer **June 21-July 22.** Your generous supply of ingenious ideas and loads of enthusiasm will count for little if you lack the discipline to finish what you begin. Make sure that you're a finisher.

♌ Leo **July 23-Aug. 22.** Usually you're an excellent judge of character, but this fine quality is apt to desert you — and you could back the very people you should most avoid.

♍ Virgo **Aug. 23-Sept. 22.** When it comes to a situation that calls for a firm stance and sticking to what you began, you could be convinced to take a different tack by someone who is way off course.

♎ Libra **Sept. 23-Oct. 23.** Continuously check every detail of your work and/or the efforts of those under your charge. Be careful not to let someone who has a tendency to rush a job call the shots.

♏ Scorpio **Oct. 24-Nov. 22.** Trying to mix business with pleasure could make for a poor combination, so it is advisable to stick with one or the other. Focus on work-related matters or devote yourself to pleasure.

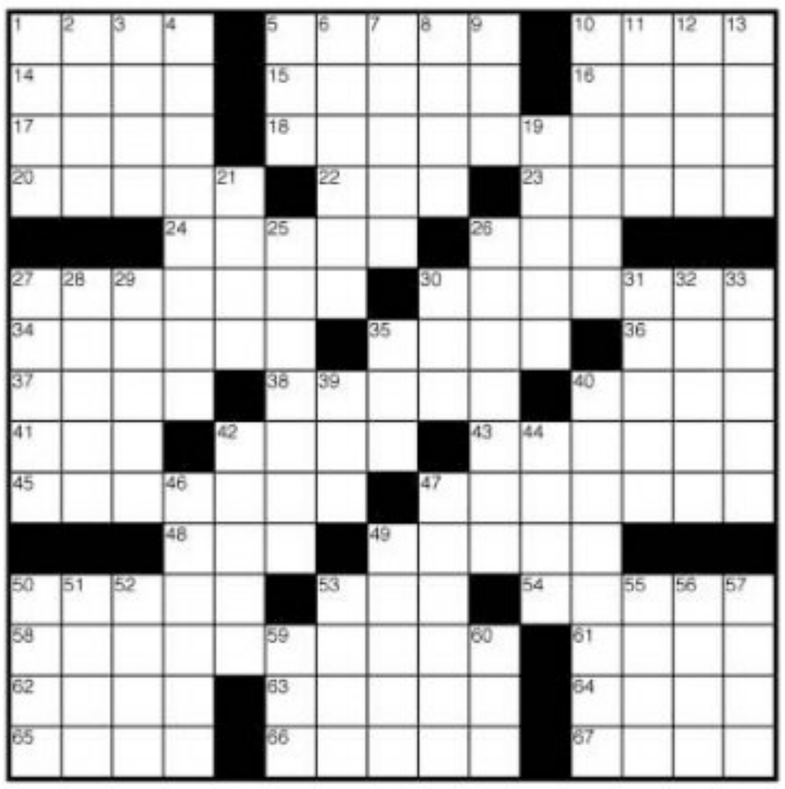
♐ Sagittarius **Nov. 23-Dec. 21.** You're the type of person who likes to experiment on your work from time to time to see if you can do it better. Stick to the tried and true for the time being, however.

♑ Capricorn **Dec. 22-Jan. 19.** Although you're normally good at keeping secrets, that doesn't mean you can relax. Watch out — because with a minimum amount of coaxing, a nosy pal could have you spilling the beans.

♒ Aquarius **Jan. 20-Feb. 19.** Be satisfied with nominal profits instead of holding out for what you believe could be a better deal. Unreasonable expectations invite major disappointment.

♓ Pisces **Feb. 20-March 20.** Just because certain ideas or concepts work for another does not necessarily guarantee they will work for you. Make allowances for different situations, talents and experiences.

BERNICE BEDE OSOL



Across
1 Tow along
5 Serengeti browser
10 Red-waxed cheese
14 29th state
15 Audibly
16 "Lost Horizon" role
17 Shaman's quest
18 Creepy sensation (2 wds.)
20 Tint again
22 Cherished
23 That is (2 wds.)
24 Softened
26 Bastille Day season
27 Steamed
30 Baton wielder
34 Hardly ever
35 Former JFK arrivals
36 Dazzle
37 Moccasin or pump
38 Story lines
40 Fix a tooth
41 Royal symbol
42 Poolroom supply
43 Apollo's priestess
45 Eggy dessert
47 Most urbane
48 Go __ __ diet
49 Likewise
50 Louisiana cuisine
53 However
54 Use Artgum
58 Uncertain
61 John, in Siberia
62 Colorado neighbor
63 Zing
64 Verne captain
65 New Year's word
66 Actress __ Neal
67 Shot up

Down
1 Designer label
2 Appian Way terminus
3 Struck silent
4 Jupiter's largest moon
5 Turn sharply
6 Fled to wed
7 Greeted the villain
8 Jalopy woe
9 Fruity drink
10 Dodges
11 Noblewoman
12 Band equipment
13 Clipper ship feature
19 "Love __" (Def Leppard)
21 International money
25 Egg-battered veggies
26 Dines at the diner (2 wds.)
27 Kind of prof.
28 First Indian P.M.
29 Dollops
30 Wyo. time zone
31 More than once
32 Tosses the dice
33 Immature raptor
35 Mayday relative
39 Was in front
40 Tending toward
42 Huge blossom
44 Loan figure
46 Fencer's shout
47 Ab tighteners (hyph.)
49 Cathedrals in Florence
50 PC "brains"
51 Bohemian
52 __ -Luc Picard
53 Sci. course
55 Maintain
56 No different
57 Enough for Tennyson
59 Future fish
60 H. Rider Haggard novel

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SUDOKU **LEVEL: EASY**

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		7			2	6		

SUDOKU **LEVEL: HARD**

Solution to weekend's crossword

J	U	G	S	■	G	A	S	P	S	■	I	R	A	N
I	T	E	M	■	O	R	L	O	N	■	N	A	R	A
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S	H	A	L	E	S	■	D	U	C	K	B	I	L	L
■	■	■	L	E	S	E	■	S	K	I	L	■	■	■
B	R	I	S	K	L	Y	■	S	M	O	G	G	Y	■
R	I	C	■	S	O	D	A	S	■	S	T	O	L	E
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V	E	N	O	M	■	E	L	A	N	D	■	T	A	T
O	L	I	V	I	A	■	■	R	E	A	S	O	N	S
■	■	■	A	R	N	E	■	S	A	W	N	■	■	■
H	O	T	T	O	D	D	Y	■	K	N	O	L	L	S
M	A	U	I	■	R	I	O	T	S	■	C	A	R	A
O	T	T	O	■	E	N	L	A	I	■	A	V	O	N
S	H	U	N	■	W	A	K	E	N	■	T	A	N	K

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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In the news

Bubba's day
An emotional Bubba Watson had tears running down his face after he tapped home a winner on the 10th green at Augusta to win the 2012 Masters. Watson and Louis Oosthuizen had a two-hole playoff after both finished 10-under.

GETTY IMAGES

BC hockey parade set for tomorrow

Boston College will celebrate its third men's NCAA hockey national championship in five years tomorrow at the Chestnut Hill campus, according to BCinterruption.com.

The website stated that a championship parade will begin at 5:30 p.m. starting outside of Conte Forum, proceeding through campus, up Commonwealth Avenue and ending at O'Neill Plaza.

B's playoff schedule

The Bruins will open Game 1 of their first round series against the Capitals Thursday at 7:30 p.m.. Game 2 is Saturday, Game 3 is April 16 and Game 4 is April 19.

Dog days of April

Red Sox bullpen blows it again as team opens season in an 0-3 hole for second straight season ◗ Strong show of hitting all for naught in 13-12 loss

GETTY IMAGES

▶ Adrian Gonzalez and the Red Sox are off to an 0-3 start for the second year in a row.

If the script sounds familiar, it should — in multiple regards.

The Red Sox have opened their 2012 season with an 0-3 start, due in large part, to a suspect bullpen.

Much like Opening Day last Thursday, Alfredo Aceves and Mark Melancon struggled to hold onto leads as Aceves allowed three runs in the ninth inning and Melancon gave up three in the 11th, including a walkoff, two-run home run by Detroit's Alex Avila. It resulted in a 13-12 extra innings loss to the Tigers.

Bats come alive

Also like Opening Day, it wasn't all bad for the Sox.

Adrian Gonzalez gave Boston a 9-7 lead with a two-run homer in the sixth inning. Nick Punto, who got the start over Kevin Youkilis, rewarded Bobby Valentine with three hits and three RBIs. Shortstop Mike Aviles also had three RBIs in the Sox most impressive offensive outing in the early going of 2012. David Ortiz continued his hot start to the season as well, posting a pair of doubles.

MATT BURKE
matthew.burke@metro.us

Quoted

"We're trying to figure out what to do. We'll keep it a work in progress. We're three games into this thing."
BOBBY VALENTINE TO CSNNE.COM

Ugly arms

Much like last September, the Red Sox pitching staff has been shelled early and often:

- **Clay Buchholz** worked just four innings yesterday, allowing eight hits and seven earned runs. His ERA sits at 15.75.
- **Mark Melancon** is 0-2 on the season with a 36.00 ERA.
- **Alfredo Aceves** gave up three runs in the ninth yesterday.
- **Josh Beckett** couldn't find any rhythm Saturday as he allowed seven runs on seven hits in 4.2 innings.

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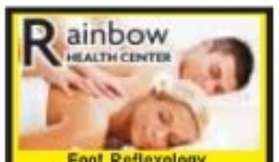

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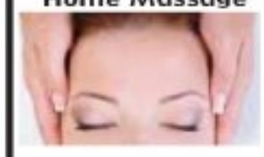

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